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EMOTIONAL FLOW IN A REHABILITATION PROGRAM FOR ALCOHOLISM AND DRUG ADDICTIONS

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Abstract

The main objectives of this study were to analyze the emotional flow, well-being, perceived control, and motivation for change in a bio-psychosocial rehabilitation program for alcoholism and substance abuse with four weeks duration. 30 participants in the program were enrolled in this longitudinal study. Emotional flow was assessed at three separate moments (at the beginning, after two weeks and at the end of the program) with the following instruments: Positivity Self-Test, Analogical Emotional Scale, Subjective Well-Being Scale, and Subjective Perceived Control. Motivation was assessed at two distinct moments (at the beginning and end of the program) with the Socrates 8d scale. Results confirm the existence of a linear increase in Positivity ratio, Subjective well-being and Perceived control. As for motivation, a strong decrease was found in the ambivalence subscale of the Socrates 8d between the first (beginning) and the second (end) evaluation, which can be related to an increased motivation for change.